

SAMPLE TIME LINE HISTORY

The following is an example of a fictions person's life history. It serves only as an example of the kind of facts and events that should be included in your personal history. Please use a separate sheet or sheets of paper and either type or print clearly your own "time line" history. Be asured that these matters will be kept strictly confidential.

It is not essential that you remember your exact age when events occurred; an estimate will be sufficient. However, please try to place events as nearly as you can remember in the order of their occurrence in your life history. Include any events, traumas, accidents, surgeries, shocks, frights, separations, deaths, divorces, humiliations, abuses; in other words, anything which has or is still affecting or limiting the quality of your life in any way.

<u>Age</u>	<u>Life Event</u>
Prenatally	My mother suffered with morning sickness for her entire pregnancy, and was anemic when she became pregnant with me.
Birth	I was allergic to my mother's breast milk and to regular formula milk. I was very colicky until finally put on Similac.
4yrs	Had a very severe case of red measles - was hospitalized and very ill for 4-6 weeks.
7-9 years	Tonsils and adenoids removed after many bouts of tonsillitis, antibiotics and ear tubes.
13 years	Moved to Houston from Santa Fe. began to have bouts of seasonal hay fever and allergies started.
14 years	Was sexually molested by my best friend's father. Was afraid to tell my parents and suffered many years of guilt and anger over this.
14-16 years	Began to smoke and experiment with drugs, marijuana, speed, LSD, and alcohol. Was in a very severe automobile accident in which a friend was killed. I suffered head injuries and a broken arm and shoulder. Have had migraine headaches off and on ever since.
18 years	Allergies became worse. Began allergy shots. Slow improvement when I started taking them year around.

- 20 years First marriage - very unhappy. Husband was both verbally and physically abusive.
- 22 years Miscarriage at three months. Husband became more impossible to live with. I felt he was alcoholic, but he refused to go for help.
- 23 years Divorce after repeated reconcilliation attempts. Moved to San Antonio and went back to school. Has severe case of flu and mono. Very stressful and traumatic year. It seemed I was always tired. Allegies flared up again.
- 27 years Married present husband - very happy. became pregnant and started spotting at three months. Doctor ordered me to bed for six weeks. Rest of pregnancy was uneventful. Beautiful daughter born.
- 28 years Passed large blood clots. Doctor said must have has miscarriage; DNC. Fatigue became severe again after this - nothing helped.
- 31 years Birth of son. No problems except constant fatigue, migraines and allergies.
- 33 years After very severe flu, two sinus infections and six weeks on antibiotics, the fatigue has become an overwhelming problem. It seems no matter what I eat or how much sleep I get, I am always tired. I cannot stay up for more than four hours at a time and then must go back to bed. My mother has had to move in with us to take care of the children. Doctors cannot find anything “organically” wrong with me and one prescribed antidepressant, which only seems to make me feel worse.